https://outlook.office.com/mail/inbox/id/AAQkADExZG11M2VhLTQ5NDMtNGZhMC05MZE5LTVmZjIzMGlwZmUxZgAQAPNVs62SYI5NkOiK2rPqtJ...

## Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry





Defiance and other challenging behaviors



Having high expectations for self. including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty





Cryingand difficulty managing emotions



Overplanning for situations and events



Feeling worried about situations or events